

Introduction to Standardized Physical Training

Terminal Learning Objective

ACTION: Score 150 points or higher on the
end-of- cycle APFT with 50 points or
more in each event

CONDITION: Given the TRADOC
Standardized PT Guide (BCT).

STANDARD: Score 150 points or higher on
the end-of- cycle APFT with 50
points or more in each event
IAW the TRADOC
Standardized PT Guide (BCT).

Introduction to Standardized Physical Training

Enabling Learning Objective (ELO) A

ACTION: Define physical fitness.

**CONDITION: Given the TRADOC
Standardized PT Guide (BCT).**

**STANDARD: Define physical fitness IAW
PT Guide TRADOC Standardized
 (BCT).**

Introduction to Standardized Physical Training

Physical fitness is defined in The TRADOC Standardized PT Guide (BCT) as:

The ability to effectively function in work, training and other activities while maintaining optimal health and well-being.

Standardized PT contains three interrelated components: strength, endurance and mobility.

Introduction to Standardized Physical Training

Enabling Learning Objective (ELO) B

**ACTION: Describe the components of
Standardized PT.**

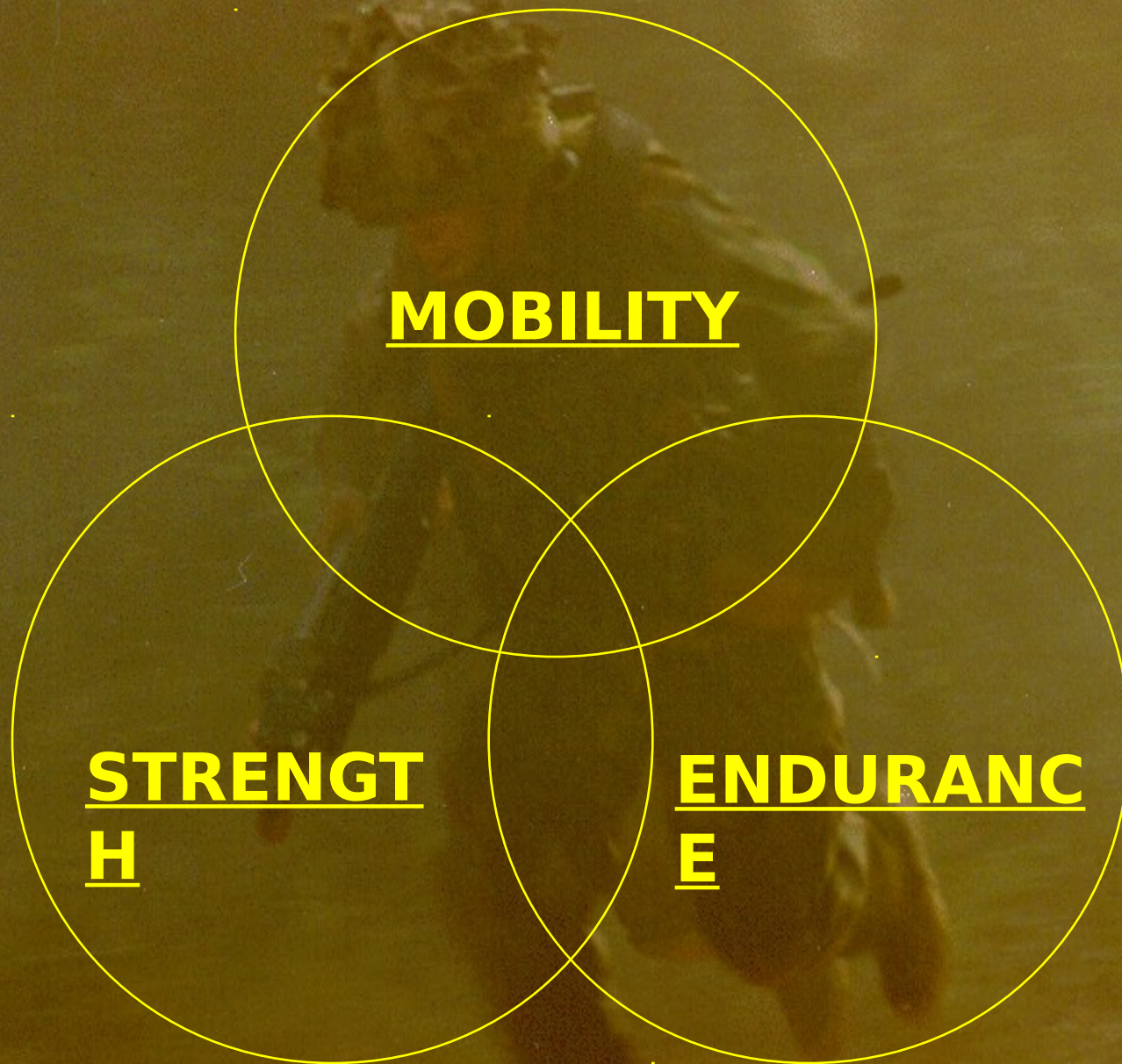
**CONDITION: Given the TRADOC
Standardized PT Guide (BCT).**

**STANDARD: Describe the components of
Standardized PT IAW the TRADOC
Standardized PT Guide (BCT).**

Introduction to Standardized Physical Training

Components of Standardized PT

- **Strength**
- **Endurance**
- **Mobility**



Components of Standardized PT

Introduction to Standardized Physical Training

**Strength is defined in The TRADOC
Standardized PT Guide (BCT) as:**

The ability to overcome resistance.

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Strength

- Soldiers need strength to march under load, enter and clear a building or trench line, repeatedly load heavy rounds, lift equipment, and transport a wounded soldier to the casualty collection point.
- The goal of strength training is to attain the strength required to perform functional movements against resistance.
- A well-designed strength training program improves performance and controls injuries.

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Strength

- Calisthenics are the foundation of Army strength training and body management.
- The conditioning drills contain a structured sequence of calisthenics designed to develop the fundamental movement skills necessary for soldiers to manipulate their own body weight.
- Strength is further developed through the use of pull-ups, rope climbing, obstacle negotiation, free weights and strength training machines.

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**Endurance is defined in The TRADOC
Standardized PT Guide (BCT) as:**

The ability to sustain activity.

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Endurance e

- Endurance training enhances both the ability to sustain high intensity activity of short duration (anaerobic) and low-intensity activity of long duration (aerobic).
- Examples of anaerobic training are sprinting, individual movement techniques, and negotiating obstacles.
- Examples of aerobic training are continuous running, foot marching, cross-country movement, and water survival.

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Endurance

- A properly planned and executed endurance-training program will be balanced with respect to both aerobic and anaerobic training.
- Endurance training programs based solely on distance running, while likely to improve aerobic endurance, may fail to prepare units for the anaerobic endurance requirements of soldier common tasks.

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**Mobility is defined in The TRADOC
Standardized PT Guide (BCT) as:**

Movement proficiency.

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Mobility

- The component of mobility functionally applies strength and endurance to enhance performance of physical tasks.
- For example, strength with mobility allows a soldier to squat low, in order to achieve a safe and effective position to lift a casualty.
- A soldier possessing strength, without sufficient mobility may have difficulty executing the same casualty transport technique.

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Mobility

- Likewise, a soldier possessing endurance without mobility may be fine for a distance runner, but for soldiers performing individual movement techniques (IMT), both components are essential for success.
- Mobility consists of eight qualitative performance factors: agility, balance, coordination, posture, stability, flexibility speed and power.

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Mobility

Mobility consists of eight qualitative performance factors:

- Agility
- Balance
- Coordination
- Posture
- Stability
- Flexibility
- Speed
- Power

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Qualitative Performance Factors of Mobility

Agility is the ability to stop, start, change direction and efficiently change body position. Performing The Military Movement Drill, The Shuttle Run, and negotiating obstacles all improve agility.

Balance is the ability to maintain equilibrium. It is an essential component of movement. External forces, such as gravity and momentum, act on the body at any given time. Sensing these forces and responding appropriately leads to quality movements. The activities in this manual are designed to challenge and improve balance.

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Qualitative Performance Factors of Mobility

Coordination is the ability to perform multiple tasks. Driving military vehicles and operating various machinery and weaponry requires coordination. Coordination of arm, leg, and trunk movements is essential in climbing and IMT.

Posture is any position in which the body resides. Posture is fluid and constantly changing as the body shifts to adapt to the forces of gravity and momentum. Good posture is important to military bearing and optimal body function. Proper carriage of the body during standing, sitting, lifting, marching, and running is essential to movement quality, performance, and injury control.

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Qualitative Performance Factors of Mobility

Stability is the ability to maintain or restore equilibrium when acted on by forces trying to displace it. Stability is dependent upon structural strength and body management. It is developed through regular, precise performance of calisthenics and strength training activities.

Flexibility is pain-free range of motion at or around a joint; including the surrounding muscle groups. Functional flexibility is dependent upon good posture and stability. Quality movements through a full range of motion, such as lifting a heavy load from the ground to an overhead position, require stability to ensure optimal performance without injury.

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Qualitative Performance Factors of Mobility

Speed is rate of movement. Many soldier tasks require speed. Speed is improved through better technique and conditioning. For example, running speed is improved by lengthening stride (improving technique) and increasing pace (improving conditioning).

Power is the product of strength and speed. Throwing, jumping, striking, and moving explosively from a starting position require both speed and strength. Power is generated from the hips and torso. Developing strength, stability, and mobility is important to increasing power.

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**Body Composition is defined in The
TRADOC Standardized PT Guide (BCT)
as:**

**The amount of body fat a soldier has
in comparison to his lean body mass.**

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Body

Composition

- Body composition is a component of health and well being, contributing to physical performance.
- Improving the components of strength, endurance and mobility through a sound physical training (PT) program, accompanied by good nutritional practices, will promote the maintenance of appropriate body composition.
- Refer to AR 600-9, The Army Weight Control Program, for specific information on diet, weight control and body composition guidelines

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Enabling Learning Objective (ELO) C

ACTION: Describe the principles of
Standardized PT.

CONDITION: Given the TRADOC
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STANDARD: Describe the principles of
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Principles of Standardized PT

- **Precision**
- **Progression**
- **Integration**

Adherence to certain basic exercise principles is essential to an effective and well-balanced PT program that safely challenges all soldiers.

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Precision

**Precision is defined in The TRADOC
Standardized PT Guide (BCT) as:**

**The strict adherence to optimal
execution standards for PT activities.**

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Precision

- Precision is based on the premise that the quality of movement is just as important as the weight lifted or repetitions performed.
- Precision is important not only for improving physical skills and abilities, but also for decreasing the likelihood of injury due to faulty movement.
- A precise execution standard in the conduct of all PT activities ensures the development of body management and fundamental movement skills

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Progression

**Progression is defined in The TRADOC
Standardized PT Guide (BCT) as:**

**The systematic increase in the
intensity and/or duration of PT
activities.**

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Progression

- Proper progression allows the body to positively adapt to the stresses of training.
- When progression is violated by too rapid an increase in intensity and/or duration, the soldier is unable to adapt to the demands of training.
- The soldier is then unable to recover which leads to over-training or the possibility of injury.

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Integration

**Integration is defined in The TRADOC
Standardized PT Guide (BCT) as:**

**The use of multiple training activities
to achieve balance in the Standardized PT
Program and appropriate recovery between
PT activities.**

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Integration

Due to the fact that most common soldier tasks require a blend of strength, endurance and mobility, PT activity schedules are designed to challenge all three components of Standardized PT in an integrated manner.

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Enabling Learning Objective (ELO) D

ACTION: Describe the elements of a standardized PT session.

CONDITION: Given the TRADOC Standardized PT Guide (BCT).

STANDARD: Describe the elements of a standardized PT session IAW TRADOC Standardized PT Guide (BCT).

Introduction to Standardized Physical Training

Elements of a Standardized PT Session

- **Warm-up**
- **Activity**
- **Cool-down**

The standardized PT session will always begin with warm-up followed by standardized PT activities and cool-down.

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Warm-up

- The warm-up should last approximately 10 to 15 minutes and occur just before the endurance and mobility or strength and mobility activities of the PT session.
- The performance of Conditioning Drill 1 (1 set x 5 repetitions) followed by The Military Movement Drill (1 set x 1 repetition) comprises the warm-up for **ALL** PT sessions.
- After the warm-up, soldiers are ready for more intense conditioning activities.

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Activity

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- | | |
|------------------------------------|--|
| • Conditioning Drill 1 Management) | Calisthenics (Strength & Body |
| • Conditioning Drill 2 Endurance) | APFT & Pull-up (Strength & |
| • Conditioning Drill 3 | Advanced Calisthenics (Strength) |
| • The Military Movement Drill | Form Running (Mobility) |
| • Ability Group Run | Continuous Running (Aerobic Endurance) |
| • 30:60s and 60:120s | Speed Running (Anaerobic Power) |
| • 300-yard Shuttle Run Mobility) | Shuttle Run (Anaerobic Power & |

Perform only those activities listed in the TRADOC Standardized PT Guide

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Cool-down

- The cool-down serves to gradually slow the heart rate and helps prevent pooling of the blood in the legs and feet.
- Soldiers should begin the cool down by walking until their heart rates return to less than 100 beats per minute (BPM) and heavy sweating stops.
- The cool-down should last approximately 10 to 15 minutes and occur immediately after the activities of the standardized PT session.

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Cool-down

- The performance of Conditioning Drill 1 (1 set x 5 repetitions) followed by The Stretch Drill (hold each stretch for 20 seconds) comprises the cool-down for ALL PT sessions.
- Cool-down safely brings soldiers back to their pre-exercise state after performing intense conditioning activities. Performance of the cool-down also helps to improve flexibility and range of motion.

Introduction to Standardized Physical Training

Enabling Learning Objective (ELO) E

ACTION: **Describe the Army standardized PT
assessment and evaluation.**

CONDITION: **Given the TRADOC Standardized
PT Guide (BCT).**

STANDARD: **Describe the Army standardized
PT assessment and evaluation
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Assessment and Evaluation

- The Army standard for assessing physical fitness is the Army Physical Fitness Test (APFT).
- The APFT measures baseline physical fitness, qualifying soldiers to wear the uniform.
- Refer to FM 21-20, Chapter 14 for procedures to conduct the APFT.

Introduction to Standardized Physical Training

Assessment and Evaluation

The 1-1-1 Physical Fitness Assessment, described in the TRADOC Standardized Physical Training Guide (BCT), is a quick and easy snapshot for the commander of unit APFT readiness and is used to determine a soldiers' appropriate placement in running ability groups.

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Enabling Learning Objective (ELO) C

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Enabling Learning Objective (ELO) D

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Introduction to Standardized Physical Training

Enabling Learning Objective (ELO) E

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Introduction to Standardized Physical Training

Check on Learning

- 1. What is the definition of physical fitness?**
2. What are the three components of Standardized PT?
3. What are the performance factors related to mobility?
4. What are the three principles of Standardized PT?
5. What are the three elements of a standardized PT session?

Introduction to Standardized Physical Training

Check on Learning

1. What is the definition of physical fitness?

A: The ability to effectively function in work, training and other activities while maintaining optimal health and well-being.

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Check on Learning

1. What is the definition of physical fitness?
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Introduction to Standardized Physical Training

Check on Learning

**2. What are the three components of
Standardized PT?**

A: Strength, Endurance and mobility.

Introduction to Standardized Physical Training

Check on Learning

1. What is the definition of physical fitness?
2. What are the three components of Standardized PT?
- 3. What are the performance factors related to mobility?**
4. What are the three principles of Standardized PT?
5. What are the three elements of a standardized PT session?

Introduction to Standardized Physical Training

Check on Learning

3. What are the performance factors related to mobility?

- A:**
- **Agility**
 - **Balance**
 - **Coordination**
 - **Posture**
 - **Stability**
 - **Flexibility**
 - **Speed**
 - **Power**

Introduction to Standardized Physical Training

Check on Learning

1. What is the definition of physical fitness?
2. What are the three components of Standardized PT?
3. What are the performance factors related to mobility?
- 4. What are the three principles of Standardized PT?**
5. What are the three elements of a standardized PT session?

Introduction to Standardized Physical Training

Check on Learning

**4. What are the three principles of
Standardized PT?**

A: Precision, Progression and Integration.

Introduction to Standardized Physical Training

Check on Learning

1. What is the definition of physical fitness?
2. What are the three components of Standardized PT?
3. What are the performance factors related to mobility?
4. What are the three principles of Standardized PT?
- 5. What are the three elements of a standardized PT session?**

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Check on Learning

**5. What are the three elements of a
standardized PT session?**

A: Warm-up, Activity and Cool-down.

Introduction to Standardized Physical Training

QUESTIONS?